

## **Department of Veteran Affairs**

### **Meet the Dietitian**



**Cathy Ludwig-Bell, PhD, RD, LDN**

Cathy is a registered dietitian with over 25 years of experience. After completing her undergraduate degree in Food and Nutrition at Southern Illinois University, she earned a MS degree in Dietetics from Illinois State University and a PhD in Health Education. She has worked at Marion VA Medical Center since 2006 as the dietitian for the MOVE! Weight Management Program. Cathy understands first-hand the struggles of losing weight and the benefits of reaching your weight loss goals.

**MOVE! Ext 55104**